

A Jouney to Self-Control

Posted by nhy - 28 Sep 2014 14:29

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Ten days streak and it seems quite easy so far.

Guess I'm not filth-addicted as I thought. The 90 days chart is a great idea!

Still there's some fear that GA'AVA might be a problem. Need to repress it all the time.

Another goal is to complete my MA thesis in the next couple of weeks.

Struggling to do this and nothing else.

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Re: A Jouney to Self-Control

Posted by cordnoy - 28 Sep 2014 14:38

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Welcome to the site and to the club.

wishin' you success in your recovery.

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Re: A Jouney to Self-Control

Posted by dd - 28 Sep 2014 15:11

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WELCOME NHY!!!!

Its great you joined the site and started to post. Stick around there is tons to learn and great guys too.

Keep up the good work and as 9494 said the focus should be one day at a time.

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Re: A Jouney to Self-Control  
Posted by dms1234 - 28 Sep 2014 20:19

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WELCOME! Take plenty of deep breaths while concentrating on one day at a time. YOU'LL DO GREAT!

Check out: [Skep's tips](#)

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Re: A Jouney to Self-Control  
Posted by unanumun - 29 Sep 2014 12:35

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Welcome NHY

I am not sure that gayva is the appropriate word for someone who "manages" to stay clean for a whole 10 days. I am sure if all your friends family and neighbors know that you were hanging out on GYE you would feel more embarrassed than haughty.

sorry for the harsh welcome, but hey, that's what friends are for. A fellow member of GYE is automatically a friend in my eyes.

Keep up the good work.

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